

Sadhguru - It is very stupid to smoke, you just do Shambhavi Maha Mudra and see



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-It is just quite stupid to be smoking.
-this machine was not made to smoke.
This is an eco-friendly machine.
-It's not good or bad,
it's just stupid
-The moment you call it bad
you can't leave it.
-you do Shambhavi Maha Mudra,
suddenly your whole system is so fired up
the need to smoke,
the need to drink coffee, tea, everything just evaporates.

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-There is no world. There is only you and me
-If you are all expression and no perception, then you have a life on Facebook
-The largest telescope upon earth is not able to get a picture of the nearby galaxy, it's so far.
-Q: why did god make things, which are not even visible to human beings?
-A: That is a clear message to you that the universe was not made for you .
-we have learnt to use everything including human beings but we have not come to well-being
-human experience is generated from within you.
-Whether it's joy or misery, it happens from within you.
-I am glad the world is not happening your way
-transformation means transforming yourself, not fixing somebody else.
-Everything that's of greatest significance in the universe is happening quietly.
-to be focused in the right direction
-we want to fix everybody and everything around us. We don't want to transform ourselves.
-If you and me change, the world has changed.
-we are tending to mistake feminine and female
-look at a human being as a human being. Why body parts are so important?
-tremendous religious teachings that have happened in the world, which cannot even accept the simple biology of a human being
-people's minds are full of body parts
-nobody should be raised any way because when it comes to creation the way it is
-For all the other creatures, nature has drawn two lines. Within that,
they live and die.
When it comes to a human being, nature has drawn only one line base line, no top line.

-So the important thing is you should never raise them.

-Your business is just to create a loving, supportive atmosphere.

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